

ALL PROGRAMS FREE FOR FAMILIES

AUGUST 2025

*The FRC
is open
Mon–Fri,
9 a.m.–5 p.m.
Call for details!*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Great Barrington Family Resource Center 141 West Avenue Phone: 413-528-0298 Email: gbfrc@csoinc.org					9-1 ABC Group 11-1 Active Parenting: 4th Edition 4-5:30 Entre Nos 1	Family Fun Day - Hokaheh Farm 10am-12pm 2
3	10-11 Parents Helping Parents 4	4-5 Summer Tutoring 5	9-1 ABC Group 4-5:30 Art Hour 6	4-5 Summer Tutoring 7	1-5 ABC Group 11-1 Active Parenting: 4th Edition 4-5:30 Entre Nos 5-7 Family Meal Series - End of Summer Party 8	9
10	10-11 Parents Helping Parents 12-1 Lunch and Learn - Home Alone: What Parents Need To Know 11	4-5 Summer Tutoring 12	9-1 ABC Group 4-5:30 Art Hour 13	4-5 Summer Tutoring 14	9-1 ABC Group 4-5:30 Entre Nos 5-7 Family Hike: Housatonic Flats 15	16
17	10-11 Parents Helping Parents 18	4-5 Summer Tutoring 19	9-1 ABC Group 4-5:30 Art Hour 20	4-5 Summer Tutoring 21	9-1 ABC Group 4-5:30 Entre Nos 22	Family Resource Fair 11am-3pm 23
24/31	10-11 Parents Helping Parents 25	4-5 Summer Tutoring 26	4-5:30 Art Hour 27	4-5 Summer Tutoring 5-6:30 Dinner and Workshop - Manage Screen Time: End the Power Struggles 28	4-5:30 Entre Nos 29	30

PROGRAM DESCRIPTIONS

CLASSES

Nurturing Fathers Group: *Jason*

An evidence-based, 13-week training course designed to teach parenting and nurturing skills to men.

Active Parenting 4th Edition: *Shasta & Lona*

Active Parenting will give you skills to achieve a fuller, more satisfying family life and help your children achieve greater happiness and success.

Nurturing in Recovery: *Chandra & Shasta*

Parents explore effects of substance abuse on themselves and their families, and strengthen their recovery for 17 weeks.

Cooperative Co-parenting: *Candice & Shasta*

Parents learn to defuse conflict by minimizing blame and taking responsibility for their contribution while establishing a positive, long-term, cooperative relationship with the other parent.

ARTS & CULTURE

Art Hour (Ages 5-12): *Dahiana*

This class provides a place to engage in fun and creative art projects. Different art activities every week for kids. Adults work on a monthly projects.

Family Fun Day: *All Staff*

Join us and other families at Hokaheh Farm for a private petting event with the goats.

Family Meal Series: *All Staff*

Lets celebrate the end of Summer with a pizza and ice cream party.

Family Hike: *All Staff*

Join us for a family hike at the Housatonic Flats trail. Located at Stockbridge Road, Great Barrington, MA.

Family Resource Fair: *All Staff*

Join us and other families and agencies for our annual Resource Fair and 5 year Anniversary Celebration.

SUPPORTS

Entre Nos: *Maria & Dahiana*

This group provides a safe and encouraging space for participants to share their stories and connect with other Latina immigrant women in the community.

Parents Helping Parents: *Chandra, Maria & Shasta*

An ongoing, weekly support group for parents. Attend every week or as needed. Offered in person and on Zoom.

EDUCATIONAL PROGRAMS

ELPAC: *Maria*

A group of parent/guardian volunteers who work with the school district to support and enhance their children's education with the specific needs of English language learners in the district's school.

ABC Group (Ages 4-10): *Chandra, Dahiana, & Naomi*

Activities based counseling group working on social skills like emotional regulation, team work, and conflict resolution.

FRC STAFF CONTACTS

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CLINICAL
& SUPPORT
OPTIONS

Great Barrington Family Resource Center

141 West Ave., Great Barrington, MA

413.528.0298

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